

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 07-13-09)

Visit us at www.fns.usda.gov/fdd

A086 – BEANS, CANNED, KIDNEY, DRY, LOW-SODIUM, #10

| | |
|----------------------------|---|
| CATEGORY | <ul style="list-style-type: none"> Meat/Meat Alternates or Vegetables/Fruits |
| PRODUCT DESCRIPTION | <ul style="list-style-type: none"> U.S. Grade A canned dry red kidney beans, cooked and packed in salt water. |
| PACK/YIELD | <ul style="list-style-type: none"> 6/#10 cans per case. Each can contains about 106 oz kidney beans and liquid. One #10 can AP yields about 63.7 oz (9³/₈ cups) heated, drained kidney beans and provides about 38.1 ¹/₄-cup servings heated, drained kidney beans OR about 19.0 ¹/₂-cup servings heated, drained kidney beans OR yields 69.6 oz (about 10¹/₂ cups) drained, unheated and provides about 42.5 ¹/₄-cup servings drained, unheated kidney beans OR about 21.2 ¹/₂-cup servings drained unheated kidney beans. CN Crediting: ¹/₄ cup drained kidney beans (heated or unheated) provides 1 oz-equivalent meat/meat alternate OR ¹/₄ cup drained kidney beans (heated or unheated) provides ¹/₄ cup vegetable BUT NOT both components at the same meal. |
| STORAGE | <ul style="list-style-type: none"> Store unopened canned kidney beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened canned kidney beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first. |



Meat & Bean Group
Go lean with protein
MyPyramid.gov

Nutrition Information

Beans, kidney, red, canned, mature seeds, solids and liquids

| | ¹ / ₄ cup (64 g) | ¹ / ₂ cup (128 g) |
|---------------|---|--|
| Calories | 54 | 109 |
| Protein | 3.36 g | 6.72 g |
| Carbohydrate | 9.98 g | 19.96 g |
| Dietary Fiber | 4.1 g | 8.2 g |
| Sugars | 0.14 g | 0.28 g |
| Total Fat | 0.22 g | 0.44 g |
| Saturated Fat | 0.03 g | 0.06 g |
| Trans Fat | 0 g | 0 g |
| Cholesterol | 0 mg | 0 mg |
| Iron | 0.81 mg | 1.61 mg |
| Calcium | 15 mg | 31 mg |
| Sodium | 70 mg | 140 mg |
| Magnesium | 18 mg | 36 mg |
| Potassium | 164 mg | 329 mg |
| Vitamin A | 0 IU | 0 IU |
| Vitamin A | 0 RAE | 0 RAE |
| Vitamin C | 0.7 mg | 1.4 mg |
| Vitamin E | 0.38 mg | 0.77 mg |



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| PREPARATION/ COOKING INSTRUCTIONS | <ul style="list-style-type: none">• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.• Use a clean and sanitized can opener.• Heat without added salt. |
| USES AND TIPS | <ul style="list-style-type: none">• Use canned beans in soups, salads, and entrees. Serve one variety of beans alone or in combination with others. Canned beans may be substituted for cooked dry beans in any recipe without the addition of salt. |
| FOOD SAFETY INFORMATION | <ul style="list-style-type: none">• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.• NEVER USE food from cans that are leaking, bulging, or are badly dented.• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened. |
| BEST IF USED BY GUIDANCE | <ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf. |

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